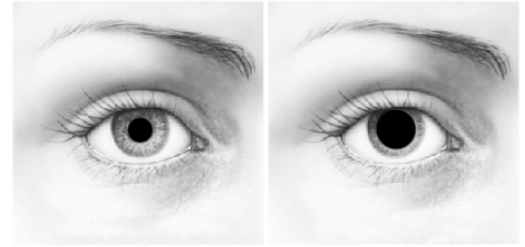


## About Dilation

Simply Optometry is proud to offer full scope optometric eye care, including dilated eye examinations. We love providing you with basic vision exams for your glasses and contacts, but performing a dilated eye exam helps us to make sure that your eye health allows your vision to stay crisp and clear.

### What is a Dilation?

A dilation is a procedure in which we instill eye drops to open up the pupil with the goal of thoroughly examining the interior of your eye. These drops are safe, and the most common side effects are blurry vision and light sensitivity. Certain conditions of the eye make it unsafe to dilate, but the doctor will always determine whether it is safe to proceed with the dilated exam before doing so. Be sure to disclose any and all known drug allergies to the doctor.



**An undilated pupil on the left versus a dilated pupil on the right**

The eye drops used for dilation require about 15-20 minutes to reach their full effect, and your eyes will remain dilated for up to 4-6 hours. Because of the expected blurry vision and light sensitivity, it is never recommended that you drive after the procedure, and if you must be outdoors, tinted glasses with UV protection is required. The doctor can provide you with temporary UV protection as needed.

### Who Needs a Dilation?

All patients at Simply Optometry are recommended to have a dilated eye exam done on their first visit and also every 1-2 years after that, depending on the health of your eyes and also your overall health. It is the standard of care for anybody with diabetes to be dilated at least annually or more frequently as recommended by the doctor. Sometimes a dilation is required to determine the cause of certain symptoms, such as floating spots in your vision, visual light flashes, blurry vision, or headaches.

### What Can Be Detected With a Dilation?

The main structures of the eye that we can see with a dilated exam are the retina, optic nerve, and crystalline lens. Some of the problems that we can detect include macular degeneration, cataracts, diabetic retinopathy, retinal detachments, glaucoma, and tumors. Without a dilation, it may be impossible to detect these dangerous conditions that are potentially blinding or worse if left undetected and untreated. If you are unable to have the procedure on the same day of your exam, then we strongly recommend scheduling the procedure on a later date.

If you have any further questions, please do not hesitate to ask!

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### Please choose one option below:

- Yes- I would like to have my eyes dilated today
- No- I decline the dilation, and I understand the risks of doing so
- I would like to schedule my dilation for a later date

By signing below, I acknowledge that I have read the above statements and am making an informed decision regarding the dilation procedure.

Name/Guardian \_\_\_\_\_

Date \_\_\_\_\_

Doctor \_\_\_\_\_

Date \_\_\_\_\_